

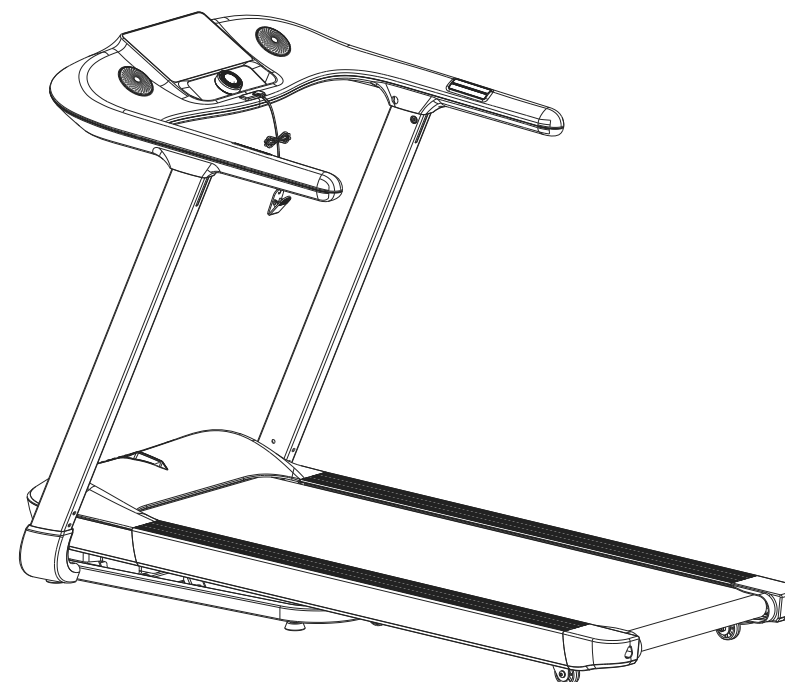


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USER'S MANUAL

Treadmill SP37749WL

THIS INSTRUCTION BOOKLET CONTAINS **IMPORTANT** SAFETY INFORMATION. PLEASE READ AND KEEP FOR FUTURE REFERENCE.



Before You Start

- ⚠ Please read all instructions carefully.
- ⚠ Retain instructions for future reference.
- ⚠ Separate and count all parts and hardware.
- ⚠ Read through each step carefully and follow the proper order.
- ⚠ We recommend that, where possible, all items are assembled near to the area in which they will be placed in use, to avoid moving the product unnecessarily once assembled.
- ⚠ Always place the product on a flat, steady and stable surface.
- ⚠ Keep all small parts and packaging materials for this product away from babies and children as they potentially pose a serious choking hazard.

Safety Precautions & Warning Instructions

Note: Please read the instructions carefully before use and pay attention to the following safety precautions:

- ★The treadmill is suitable to be placed indoors to avoid damp. Water can not be splashed on the treadmill, and no foreign objects can be placed.
- ★Before exercising, please wear suitable sportswear and sports shoes. It is strictly forbidden to exercise barefoot on the treadmill and stretch the whole body.
- ★The power plug must be grounded reliably, and the socket must have a dedicated loop to avoid sharing it with other electrical equipment.
- ★Kids should stay away from the machine to avoid accidents.
- ★Long-time overload operation should be avoided, otherwise it will cause damage to the motor and controller, and speed up the wear and aging of the bearing, running belt, and running board. Please maintain it regularly.
- ★Reduce indoor dust, maintain a certain indoor humidity, avoid strong static electricity, otherwise it may interfere with the normal operation of the electronic panel and controller.
- ★Please turn off the power of the treadmill after exercise.
- ★Please keep indoor air circulation when using the treadmill.
- ★Please clip the safety lock cable clip to your clothes during exercise to prevent safe shutdown in case of an emergency.
- ★If you feel uncomfortable or abnormal during use, please stop exercising and consult a doctor.
- ★After using the silicone oil, it must be stored out of children's reach to avoid serious consequences caused by accidental ingestion.
- ★The safe area behind the treadmill is: 39"x79" .
- ★Emergency jump off: While holding the handrail with both hands to prop up your body, step on the side rails with your feet and jump off the treadmill from one side.

Warning: In order to reduce accidents or injury to others, please observe the following regulations:

- ★Before using the treadmill, please check whether the your clothes is fastened or zippered.
- ★Don't wear clothes that are easily caught by the treadmill.
- ★Do not put the power cord close to hot objects.
- ★Do not let children approach the treadmill.
- ★Do not use the treadmill outdoors.
- ★The power must be cut off before moving the treadmill.
- ★Non-professionals are not allowed to open the upper cover and left and right rear tailstocks.
- ★Only one person can exercise on the treadmill when the machine is turned on.
- ★If you are dizzy, or with chest pain, nausea, or shortness of breath during exercise, please stop exercising immediately and consult a fitness instructor.

Warning! Mandatory!

The following patients (or Patients under medical treatment) should consult with a specialist before using the treadmill.

- (1) People who are suffering from back pain or who have suffered injuries in their legs, waist, and neck in the past, and who have numbness in their legs, waist, neck and hands (people with herniated disc, spondylolisthesis, cervical vertebra herniation, etc.).
- (2) Those with deformed arthritis, rheumatism, and gout.
- (3) Those with abnormalities such as osteoporosis.
- (4) Those with circulatory system disorders (heart disease, vascular disorders, hypertension, etc.).
- (5) Those who have respiratory problems.

- (6) Those who are using artificial heart rate regulators to implant medical electronic devices in their bodies.
 - (7) Those with malignant tumors.
 - (8) Those who have blood circulation disorders such as thrombosis or severe lipoma, acute lipoma, or various skin infections.
 - (9) Those who have perceptual disturbances caused by high-level peripheral circulatory disturbances caused by diabetes, etc.
 - (10) Those with skin wounds.
 - (11) Those who have a high fever due to illness, etc. (100°F or above).
 - (12) Those with abnormal back bones or curved back bones.
 - (13) Those who are pregnant or may be pregnant or are menstrual.
 - (14) People who feel physical abnormality and need to rest.
 - (15) Those who are obviously in poor physical condition.
 - (16) Users with rehabilitation as the purpose.
 - (17) In addition to the above-mentioned conditions, people who feel abnormalities in their body. --It may cause an accident or poor physical condition.
- ◆If you feel lower back pain, numbness of your legs and feet, dizziness, heartbeat and other different pains or coordinated sensations or abnormalities in your body during exercise, stop using it immediately and consult your doctor.
 - ◆Do not let children use this product, and do not let children play around the product. --If you do not comply, there may be a risk of injury.
 - ◆Guardians of children should be careful not to let children play with this product. --If you don't comply, there will be a risk of injury.
 - ◆Please make sure that there are no people or pets around (the rear, bottom, front of the product) during use, when loading and unloading the product, and when sliding it.

Prohibit!

- ◆Do not use it in the state where the shell is cracked, or peeled off (internal structure is exposed) or the welded part is peeled off.
--Otherwise, an accident or injury may occur.
- ◆Don't jump up or down during exercise. --May cause injury due to falling.
- ◆Do not use or store it in humid places such as outdoors or near bathrooms, or in places exposed to water droplets.
- ◆Do not use or keep it in high temperature places such as around stoves in direct sunlight and on heating appliances such as electric heating carpets. --Otherwise, it may cause electric leakage or fire.
- ◆Do not use when the power cord or power plug is damaged or the socket is loose. --Otherwise, it may cause electric shock, short circuit and fire.
- ◆Do not damage or forcibly bend or twist the power cord. At the same time, do not place heavy objects on it, and do not allow the thread to be pinched. --Otherwise it may cause a fire or electric shock.
- ◆Do not use 2 or more people at the same time, and be careful not to bring people around you close during use. --Otherwise, an accident or injury may occur due to a fall.
- ◆Don't use it if you can't express your consciousness or operate it yourself. --An accident or injury may occur.

Do not disassemble!

- ◆It is absolutely forbidden to disassemble, repair, and re-select. --There is a danger of injury due to mechanical failure.

Avoid contact with water!

- ◆Do not expose the main body or operating part to water or other conductive liquids. --It may cause electric shock or fire.

Prohibit!

- ◆People who don't usually exercise shouldn't do vigorous exercise suddenly. Do not use it after eating, fatigue, exercise or abnormal physical strength. --May cause damage to health.
- ◆This product is suitable for home use and is not used by a large number of unspecified users such as schools and gymnasiums. --There is a risk of injury.
- ◆Do not use it while eating or doing other activities.
- ◆Don't use it when you feel dull after drinking alcohol. --An accident or injury may occur.
- ◆Do not use with hard objects in your pants pockets. --It may cause an accident or injury.
- ◆Do not allow needles, trash, or moisture to adhere to the power plug.
--It may cause electric shock, short circuit, or fire.
- ◆During use, do not pull out the power plug or switch the power switch to "off". --It may cause injury.

Do not use with wet hands!

- ◆Do not unplug or insert the power plug with wet hands. --It may cause electric shock and injury.

Unplug the power plug!

- ◆When not in use, unplug the power plug from the socket. --Dust and moisture will degrade the insulation and cause leakage fires.
- ◆During maintenance, be sure to unplug the power plug from the socket.
--If not observed, it may cause electric shock or injury.

- ◆If it does not start or feel abnormal, stop using it, pull out the power plug immediately and request inspection and repair. --If not observed, it may cause electric shock or injury.
- ◆In the event of a power failure, pull out the power plug immediately. --Otherwise, accidents or injuries may occur when the power is restored.
- ◆When unplugging the power plug, do not hold the wire part, you must pull it out with the power plug. --Otherwise, it may cause a short circuit, electric shock, or fire.

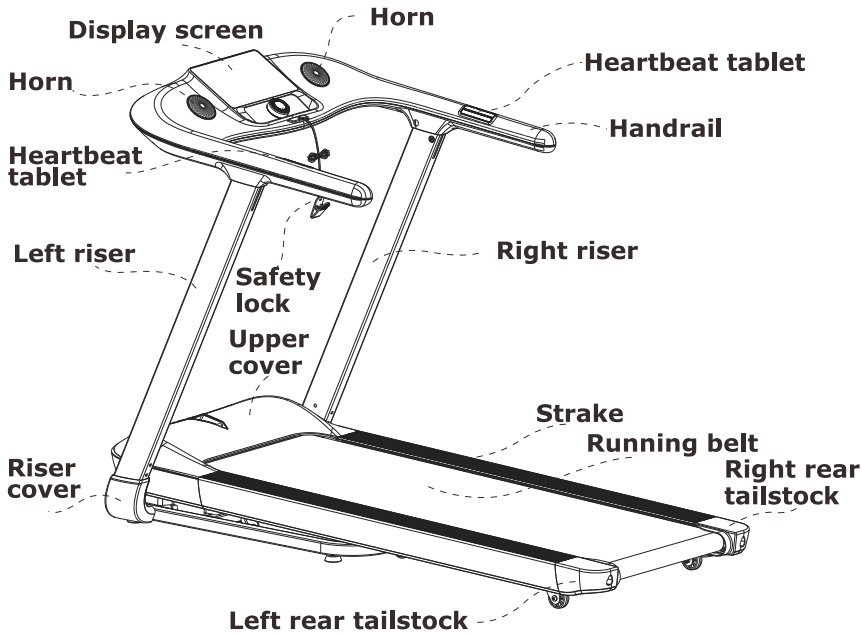
Grounding instructions!

- ◆The product must be grounded. If the machine malfunctions, grounding will provide the path of least resistance to the current to reduce the risk of electric shock.
- ◆This product is equipped with a wire with an equipment grounding conductor and a grounding plug. The plug must be inserted into a suitable socket that has been properly installed and grounded in full compliance with local regulations or statutes.

Danger!

- ◆If the equipment grounding conductor is improperly connected, it may cause electric shock hazard. If you have any doubts about the correct grounding of this product, please entrust a professional electrician for inspection. Even if the plug attached to the product does not match the socket, it cannot be modified. Please entrust a professional electrician to install a suitable socket.
- ◆This product has a grounding plug. Please make sure that the product is connected to a socket with the same shape as this. This product cannot use an adapter socket.

Product Introduction



Parts list

Name	Quantity	Remark
Main frame	1	
Control knob	1	
Left/Right Riser cover	1	
Accessory box	1	See Accessory List

Specification

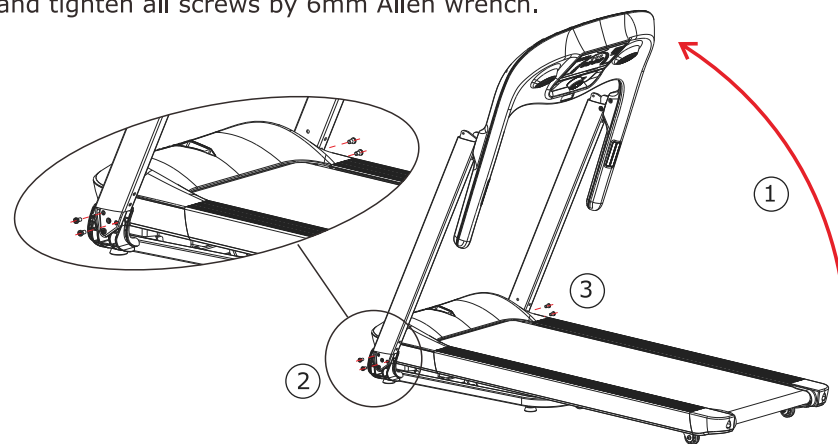
Operating Voltage	AC-110V 50/60Hz
Maximum load	264.5LBS
Dimensions	64x45x30 inch
Running area	18"x51"
Motor peak power	4.75 HP
Speed	0.6-10.8mph
Slope	0-15%
Control mode	Electronic panel
Machine weight	152LBS

Accessory List

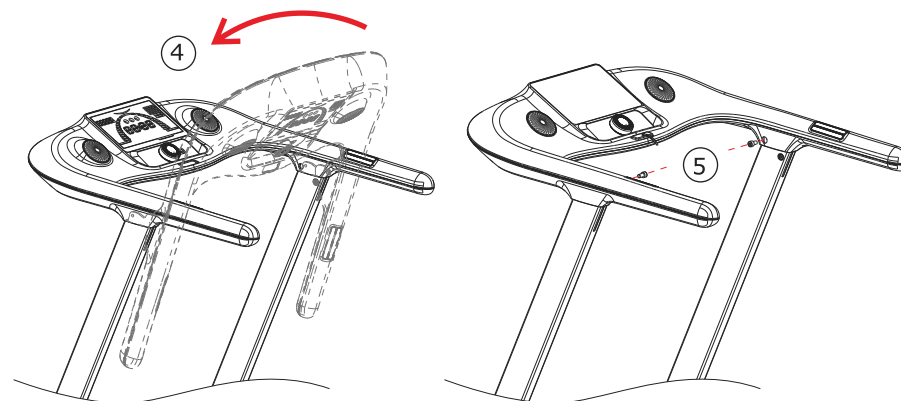
Name	Quantity	Remark
M8*16 Screw	6	4 on Left and right riser, 2 on Electronic panel
5mm Allen wrench	1	
6mm Allen wrench	1	Adjust the running belt
13-17 Open end wrench	1	
Safety lock	1	
Methyl-silicone oil	1	
Power cord	1	
User's manual	1	

Installation Instruction

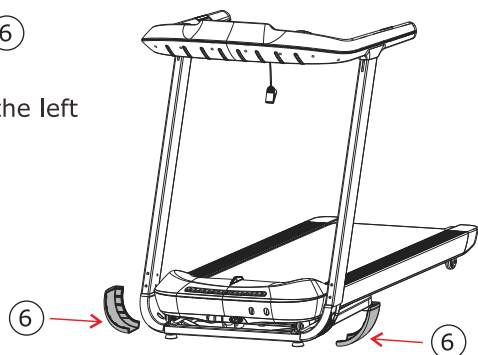
- 1) Open the package, take the main frame out of the box and lay it flat on the carpet or soft cushion.
- 2) As shown in figure ①, lift the riser up to the limit point. As shown in figure ② and ③, fix the left and right risers with four M8*16 screws and tighten all screws by 6mm Allen wrench.



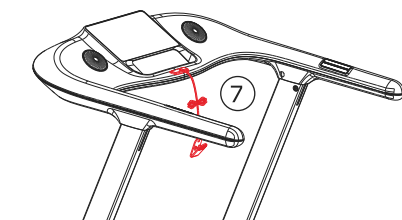
- 3) As shown in figure ④, press the electronic panel down in the direction. (Do not press the electronic panel on the cable to avoid damaging the wire.) As shown in figure ⑤, secure the electronic panel to the left and right risers using two M8*16 screws and tighten all screws by 6mm Allen wrench.



4) As shown in figure , after ⑥ confirming that the risers are secured, clasp the covers on the left and right risers.



5) As shown in figure , put the safety lock into the electronic panel, and the installation is completed. Plug in power and turn on the power switch to enter the standby state.



Note: After the machine is assembled, please check again whether all bolts have been tightened.

Treadmill Folding & Moving Instructions

1. Fold the treadmill: Folding the treadmill to save space. Before folding, turn off the power switch, unplug the power plug, and lift the treadmill by hand until the treadmill is stuck into place. (Figure 1)

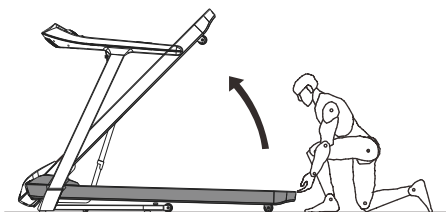


Figure 1

2. Put down the treadmill: As shown in Figure 2, lightly step on the air spring tube, and the treadmill will slowly drop to the ground.

Note: Please don't let children around during this step to avoid being crushed or hit.

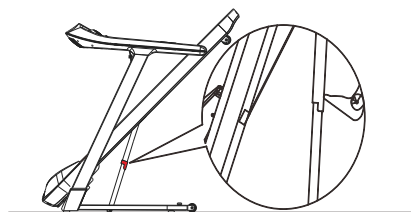
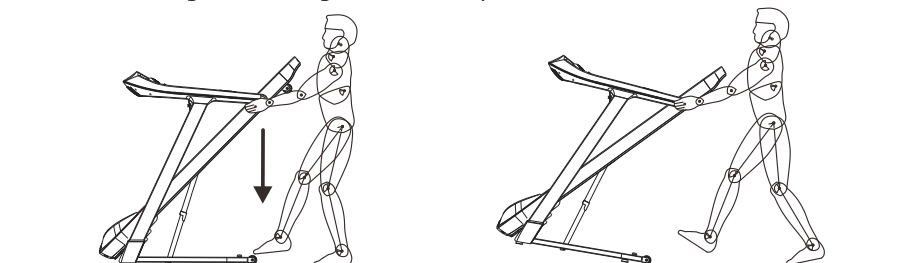


Figure 2

3. After you fold up the treadmill. Fix one side of the base with your feet, and pull the handrail back with your hands to tilt the whole machine backward.

4. Move the whole machine.

Note: After folding, please move it to a place that is not easy for children to play, to prevent children from touching the air spring tube, to avoid the treadmill falling or causing unnecessary accidents.



Exercise Suggestions & Guidelines

Warming Up

There should be 5-10 minutes of warm-up exercise before each operation.

Breath

Do not hold your breath during operation. In general, inhale through your nose and exhale forcefully through your mouth when you are preparing to restore the movement. Breathing and movement should be coordinated. If your breathing is too rapid, you should stop exercising immediately.

Frequency

There should be a 48-hour break for the exercise of the muscles of the same part, that is, the same part can only be trained every other day.

Load

Determine the amount of training according to your physical fitness status, and then practice according to the principle of gradual load. It is normal for muscle soreness during the initial training. As long as you continue to practice, the soreness can be eliminated.

Relaxation

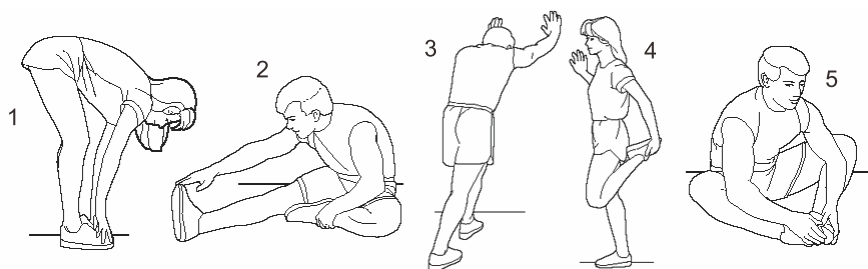
Do 5 minutes of restoring exercises after each exercise, especially the stretching and relaxation of the foot muscles, so as to prevent the muscles from coagulation during the period and maintain the elasticity of the muscles.

Diet

In order to protect the digestive system, you can exercise only one hour after a meal, and you should eat at least half an hour after training. Drink less water during exercise, especially avoid drinking a lot of water, so as not to increase the burden on the heart and kidneys.

Stretching Exercises

No matter what speed you are walking at, it is best to do stretching exercises first. Warm muscles are easier to stretch, so first walk for 5 to 10 minutes to warm up. Then stop and do the stretching exercises 5 times --- as follows, each leg for 10 seconds or more each time; do it again after the exercise is over.



1. Toe Touch

Bend your knees slightly, slowly bend your body forward, relax your back and shoulders, and try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 1).

2. Hamstring Stretch

Sit on a clean seat cushion and straighten one leg. Tuck the other leg inward so that it is close to the inside of the straight leg. Try to touch your toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 2).

3. Calf-Achilles Stretch

Standing on the wall with two hands, one foot behind. Keep your hind legs upright and your heels on the ground, leaning toward the wall. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 3).

4. Quadriceps Stretch

Hold the wall with your right hand for balance, then stretch your left hand back, grab your left ankle and slowly pull it toward your buttocks, until you feel the muscles in front of your thighs tense. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg (see Figure 4).

5. Inner Thigh Stretch

Sit with the soles of your feet facing each other with your knees facing out. Grasp the feet with both hands and pull towards the groin. Hold for 10-15 seconds, then relax. Repeat 3 times (see Figure 5).

Operating Instruction

Display and key distribution:

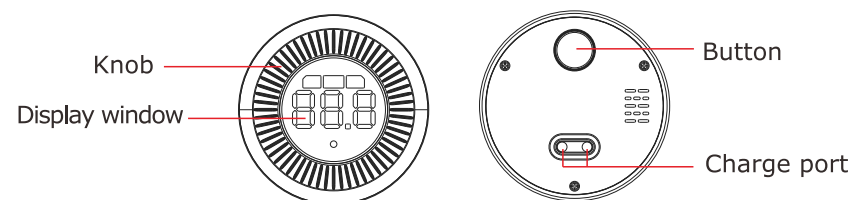
Electronic panel: Main window (time, calories, distance) + Heart rate window (heart rate, steps) + 5 Keys (target, pause/resume, plus, start/stop, minus).



Control Knob (1 Display window + 1 Button + 1 Knob):

Long press the bottom button to start and stop the treadmill; Rotate the knob to adjust the speed of the treadmill; short press the bottom button to switch to the slope adjustment function. When the knob is not used, please put it back on the charging stand of the electronic panel to charge.

When the knob displays the image "- -" "- -" "- -", it indicates that the connection is disconnected.



Start and stop the treadmill

Electronic panel: Short press the start key to start and stop the treadmill. Knob: Long press the button to start and stop the treadmill.

Pause and resume running

Electronic panel: Short press the pause/resume key (Press in motion state to pause; press in pause state to resume motion).

Adjust the speed

Electronic panel: Short press the target key to switch the function to speed adjustment (the main window or the knob shows the speed), then short press +, - to adjust slowly, long press +, - to adjust quickly. Knob: Short press the start key to switch the function to speed adjustment (the main window or the knob shows the speed), then rotate the knob to adjust the speed, and the voice command to adjust the speed.

Adjust the slope

Electronic panel: Short press the target key to switch the function to slope adjustment (the main window or the knob shows the slope), then short press + (-) for slow adjustment, and long press + (-) for fast adjustment.

Knob: Short press the start key to switch the function to slope adjustment (the main window or the knob shows the slope), then turn the knob to adjust the slope, and the voice command to adjust the slope.

Exercise mode selection

In the stopped state, short press the target button to enter:

countdown->countdown distance->countdown

calories->P1->P2->P3.->P20>free running->countdown. The countdown mode can set the countdown value, and the Pxx mode is a fixed preset duration.

Plus and minus key (Knob) function switch

Short press the target key to switch. If the machine has a rising function, then switch the plus and minus key (Knob) functions (speed adjustment, slope adjustment). When the main window or knob displays speed, it is the speed function, and when the slope is displayed, it is the slope function.

Knob voice recognition function (Commands beyond the range supported by the treadmill are invalid)

1. *Awakening command:* Hey Coco;

2. *Start the treadmill:* start the treadmill, start running, I want to run, run for 5 (10\15\20\25\30) minutes, run 1 (2\3\4\5) miles, target is 1 (2\3\ 4\5) hundred calories;

3. *Acceleration:* speed up, faster;

4. *Deceleration:* slow down, slower;

5. *Speed adjustment:* speed 1 mile (2\3\4\5\6\...).

More voice recognition functions, please refer to "Voice Command List".

Parameter adjustment

1. *Enter the user parameter setting interface:*

Unplug the safety lock and long press the start key to enter the parameter setting interface. After entering the user parameter setting interface, the knob displays Uxx, the heart rate window of the electronic panel displays Uxx, and the main window of the electronic panel displays the parameter value.

2. *Parameter switch:*

After entering the parameter setting interface, short press the start key to switch parameter items.

3. *User parameter description:*

Parameter 2: Display brightness, 1 is the darkest -> 5 is the brightest;

Parameter 3: Buzzer volume, 1 minimum sound -> 5 maximum sound;

Parameter 6: Switch between metric and imperial systems, 0 is metric, 1 is imperial;

Parameter 7: Accumulated mileage.

Safety lock function

In any state, pull off the safety lock, the window displays "Er07", and the buzzer "Bi-Bi-Bi" beeps three times. If the motor is running, the motor stops urgently. When the safety lock is off, operations such as starting cannot be performed.

Voice Command List

Motion	Eng
Awakening command	Hey Coco
Start treadmill	Start treadmill, Start running , Start workout
Stop treadmill	Stop treadmill , Stop running , Stop workout
Speed up, Faster	Speed up, Faster
Slow, Speed down	Slow, Speed down
Setting speed	Set speed to one
Setting speed	Set speed to two
Setting speed	Set speed to three
Setting speed	Set speed to four
Setting speed	Set speed to five
Setting speed	Set speed to six
Setting speed	Set speed to seven
Setting speed	Set speed to eight
Setting speed	Set speed to nine
Setting speed	Set speed to ten
Increase incline	Incline
Decrease incline	Incline down, Lower incline
Setting incline	Set incline to zero
Setting incline	Set incline to one

Setting incline	Set incline to two
Setting incline	Set incline to three
Setting incline	Set incline to four
Setting incline	Set incline to five
Setting incline	Set incline to six
Setting incline	Set incline to seven
Setting incline	Set incline to eight
Setting incline	Set incline to nine
Setting incline	Set incline to ten
Setting incline	Set incline to eleven
Setting incline	Set incline to twelve
Setting incline	Set incline to thirteen
Setting incline	Set incline to fourteen
Setting incline	Set incline to fifteen
Reduce volume	Volume down
Minimum volume	Minimum volume
Maximum volume	Maximum volume
Increase volume	Volume up
Time target running	Run five minutes
Time target running	Run ten minutes
Time target running	Run fifteen minutes
Time target running	Run twenty minutes
Time target running	Run twenty five minutes
Time target running	Run thirty minutes

Distance target running	Run one mile, Run one kilometers
Distance target running	Run two miles, Run two kilometers
Distance target running	Run three miles, Run three kilometers
Distance target running	Run four miles, Run four kilometers
Distance target running	Run five miles, Run five kilometers

Troubleshooting

If you have any other questions, please contact our customer service.

Problem	Possible cause	Method
The treadmill does not work	No power	Plug into socket
	Power is not turned on	Turn on the power switch
	Safety lock is not in place	Put the safety lock into the lock position
	Circuit signal system cut out	Check the controller input terminal and signal line
	Blown fuse	Replace the fuse
The running belt does not run smoothly	Insufficient lubrication	Add methyl-silicone oil lubricant
	Running belt is too tight	Adjust the tightness of the running belt
Running belt skidding	Running belt is too tight	Adjust the tightness of the running belt
	Motor belt is loose	Adjust the tightness of the motor belt

Troubleshooting

Wrong Display and Troubleshooting

Problem	Possible cause	Method
Er01	Bad communication	The signal line is not plugged in, plug it in again
Er02	The motor wire is loose or falling off, whether the carbon brush is worn out,	Check whether the motor wire is loose or falling off. If it does not fall off, check whether the motor carbon brush is worn out. If it is worn out, replace the motor. If it is not worn out, the electric control is damaged. Replace the electric control.
Er03	No sensor signal	The sensor line is not plugged in properly, plug it in again
Er04	Controller or motor abnormal	The load is too large, replace the controller and motor
Er05	Overload protection	The load is too large, replace the electric control
Er06	System self-check failed	System failure, replace electric control
Er07	Safety lock is not in place	Put the safety lock into the lock position
Display Abnormal	External interference	Turn off the power switch, and then power on again after 1 minute

Maintenance

Proper maintenance is the only way to keep your treadmill in its best condition. Wrong maintenance can damage or shorten the life of the treadmill.

- a. Due to wear and damage, frequent inspections are required; worn or damaged accessories, such as motors, electronic controls, power cords, running belts, need professional maintenance.
- b. Immediately replace those defective parts or reduce the equipment to be idle until repaired; (such as power cord).
- c. Pay special attention to the most easily worn components (such as running belts).
- d. If the power cord is damaged, in order to avoid danger, it must be replaced by professionals from the manufacturer, its maintenance department or similar departments.

1. Lubrication

After the running belt has been used for a period of time, it must be lubricated with a specially configured methyl-silicone oil.

Suggestion:

- *Used less than 3 hours per week, lubricate it once every 5 months
- *Used 4-7 hours per week, lubricate it once every 2 months
- *Used for more than 7 hours per week, lubricate it once a month

Do not over-lubricate, the more lubricant is not the better.

Remember: Reasonable lubrication is an important factor in improving the service life of the treadmill.

2. As for the way to check whether you need to apply lubricant again, just grab the running belt and touch your hand to the center of the back of the running belt as much as possible. If your hands are stained with silicone (somewhat moist), it means that no more lubricant is needed. If the running board is dry and there is no methyl-silicone oil in the hands, you need to add lubricant.

★The steps to apply lubricant to the running board: (as shown in the picture);

★Stop the running belt and fold the machine;

★Lift up the running belt on the bottom, extend the oil into the middle of the running belt as much as possible, spray methyl-silicone oil on the inner side of the running belt, and coat both sides of the running belt with methyl-silicone oil;

★Use the speed of 1km/h (0.6mph) to run the treadmill to evenly apply the methyl-silicone oil, and lightly step on the running belt from left to right, and the methyl-silicone oil can be completely absorbed by the running belt after about a few minutes.



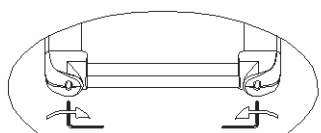
3. Adjust the tightness of the running belt. All treadmills need to be adjusted before leaving the factory and after installation, but there may be slack after a period of use. Such as: the user pauses and slips when running. When this phenomenon occurs, adjust the running belt adjustment bolts in a clockwise direction with a half circle as the unit, left and right synchronously. If the running belt is too loose, the running belt and the roller will make your feet slip, but too tight is not good, and it is easy to increase the load of the motor and damage the motor, running belt and roller.

4. Running belt deviation adjustment

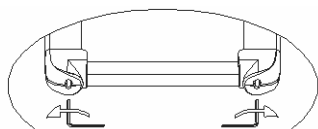
All treadmills must be adjusted before leaving the factory and after installation. However, after a period of use, it may still run deviation. The reasons for the phenomenon are as follows:

- ① The host is not stable;
- ② The user's feet are not in the center of the running belt when exercising;
- ③ Uneven force of the user's feet.

The deviation caused by man can be restored to normal after a few minutes of no-load rotation. For deviations that cannot be automatically restored, the random 6mm Allen key should be used to gradually adjust the deviation in half-turn units.



If the walking belt deviates to the left: adjust the left bolt clockwise or adjust the right bolt counterclockwise.



If the walking belt deviates to the right: adjust the right bolt clockwise or adjust the left bolt counterclockwise.

Tips: It is mainly maintained by the user in accordance with the manual. The running belt deviation will seriously damage the running belt. It must be discovered and corrected in time.

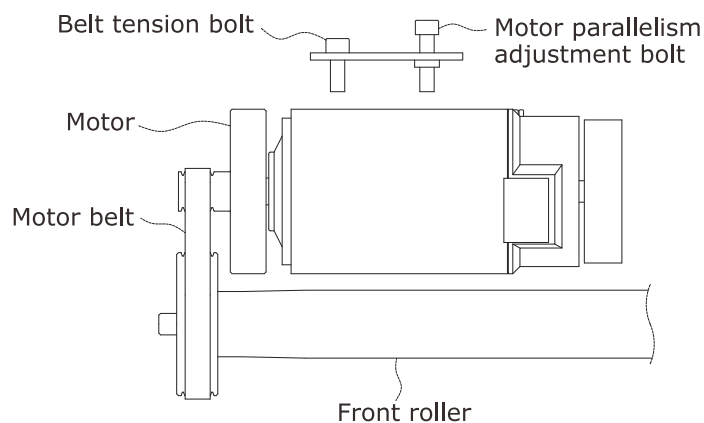
5. Adjustment of the motor belt (as shown below)

All treadmills have been adjusted before leaving the factory and after installation, but there may be slack and slipping after a period of use, which is mainly adjusted by the user.

Adjustment steps:

- ①. Use a wrench to turn the Motor parallelism adjustment bolt counterclockwise by half a turn.
- ②. Turn the Belt tension bolt half a turn clockwise.

Note: Clean the belt and pulley groove regularly.



Gymax App Instruction Manual v1.0.5

This document is applicable to the Android version and iOS version of the official APP of Gymax.

iOS: Search Gymax in App Store to download

Android: search and download from Google Play store

Functions Overview

Gymax App iOS/Android with Gymax platform provides users the control of sports intelligent device, sports data recording, sports mall, dynamic sharing in community, system Settings and other functions.

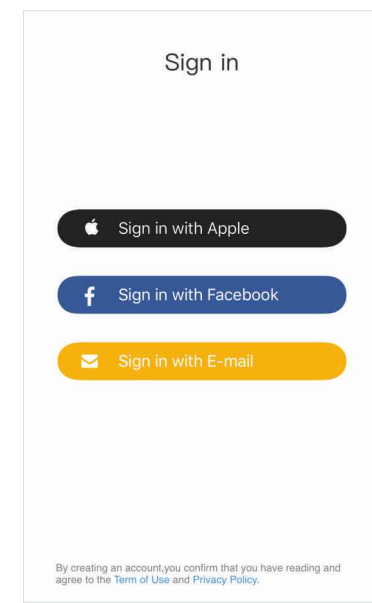
The Main functions

- > Sign In
- > Sports Scenes
- > Sports Mall
- > Community Dynamic
- > Settings

Sign in Process

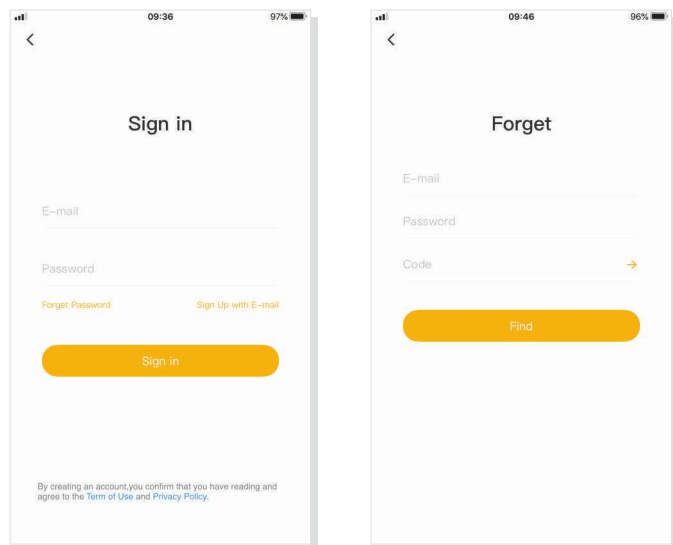
Sign in

For the convenience of users, Gymax provides three login methods: Facebook and E-mail, and iOS users can also Sign in with Apple. Users can quickly sign in to the Gymax App and use it.



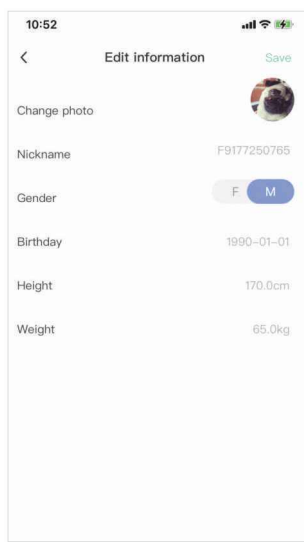
Retrieve Password

If E-mail users forget Passwords, users can click "Forget Password" on the mailbox login interface to jump to the Password retrieval interface, and then reset Passwords.



Edit Information

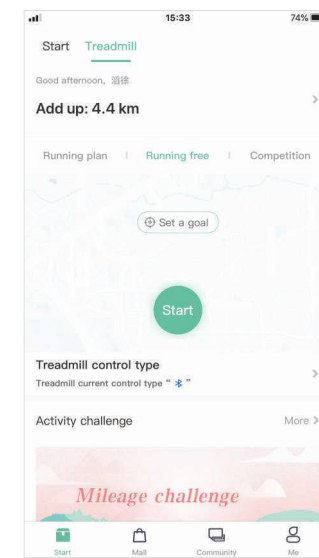
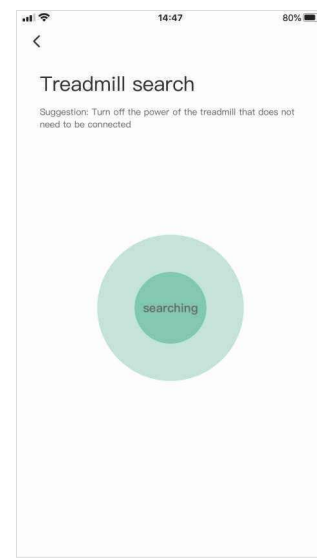
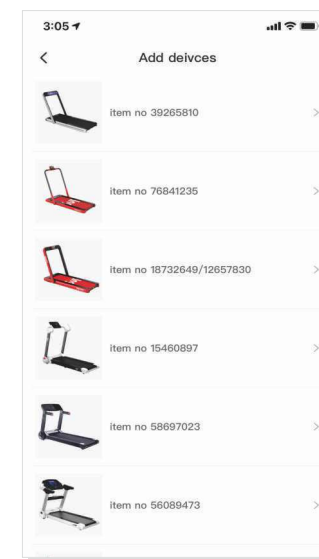
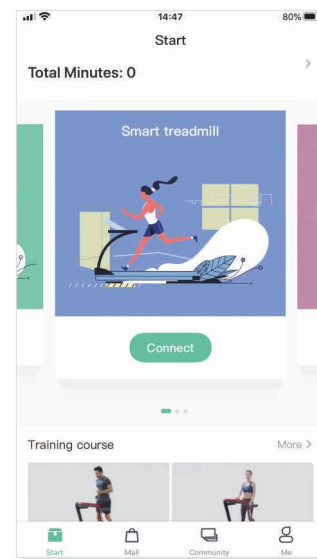
In the personal information interface, clicking the avatar, users can edit the avatar and upload the avatar by choosing album or camera.



Sports Scenes

Connecting services

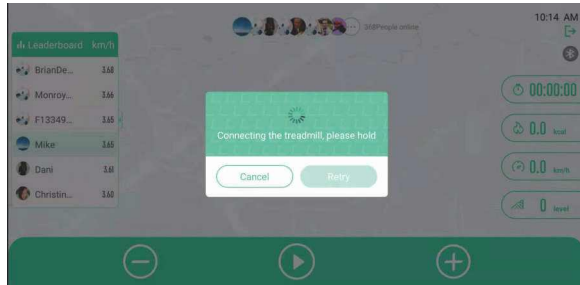
On the home page, users can freely choose the device type to connect. After connecting successfully, users then start the device page, such as the "Treadmill" interface.




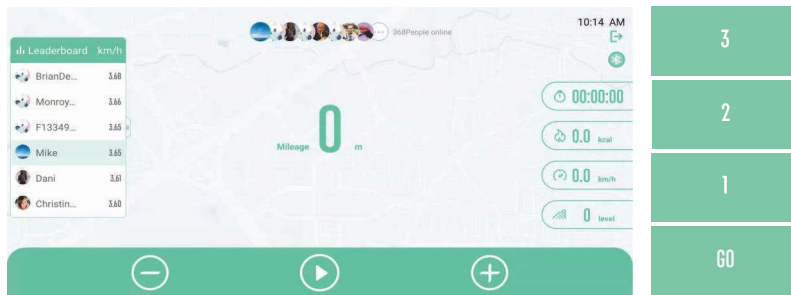
Starting exercise

Selecting the device page, such as "Start" on the "Treadmill" interface, users enter the running free, as shown below:

1. Waiting for GyMax to automatically connect to the treadmill.



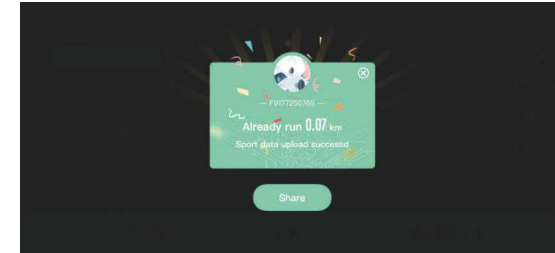
2. When the connection status sign  is lit, it means that the APP has successfully connected to the treadmill. Users click , then the treadmill start Running and enter the countdown. 3.2.1 GO.



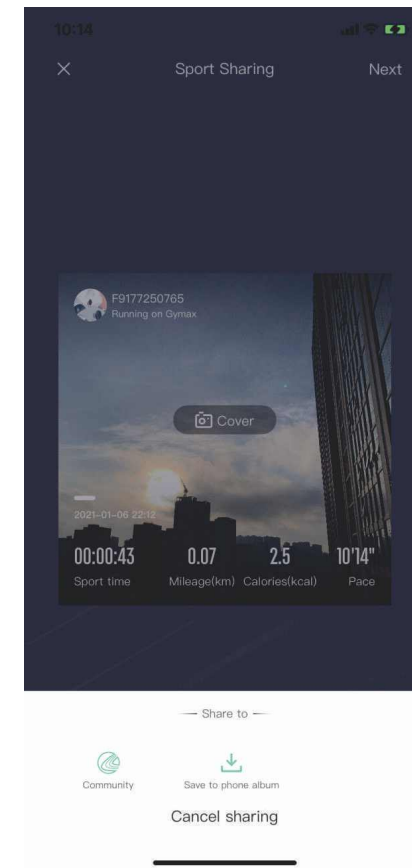
3. The Gymax App synchronizes exercise data, such as mileage, duration, calories, and speed, as users run on the treadmill, and users can start or stop, accelerate or decelerate the treadmill, which intuitively shows users' current sports ranking and the number of online sports in real time.



4. When users finish the exercise, the Gymax App will show users' total mileage.

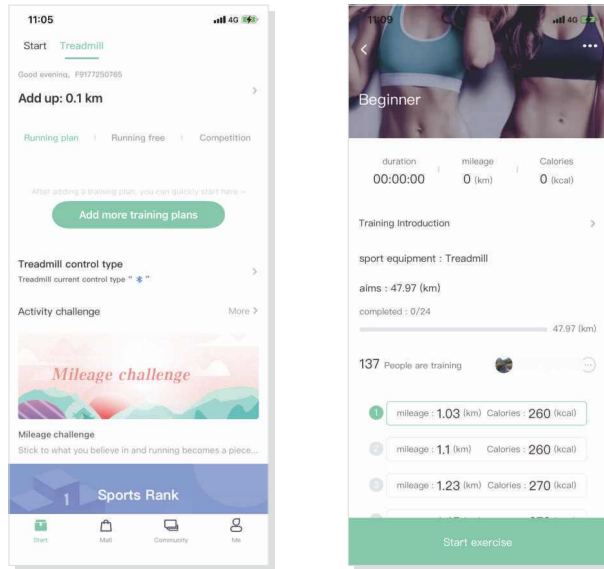


5. Users can share the sports data to the community or save it to the phone album.

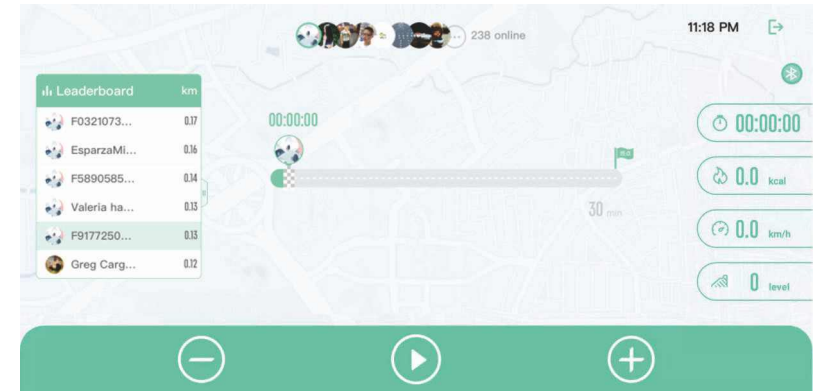


Sports Plan

Users can click "Add More Training Plans" to Add users' own sports plans.

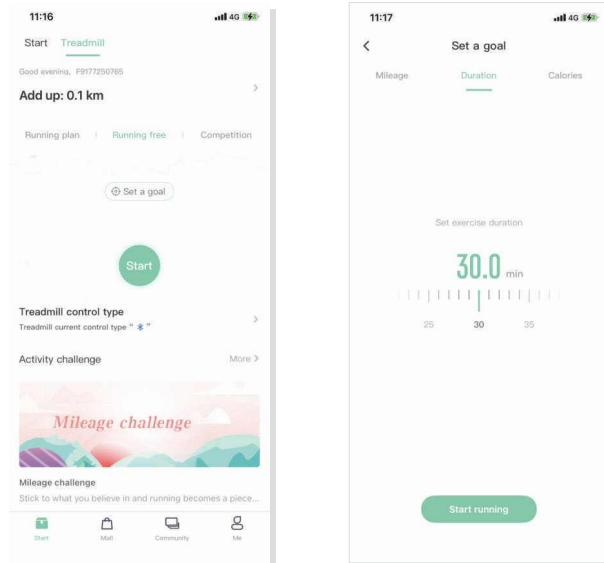


2. When the goal is reached, the exercise automatically ends.



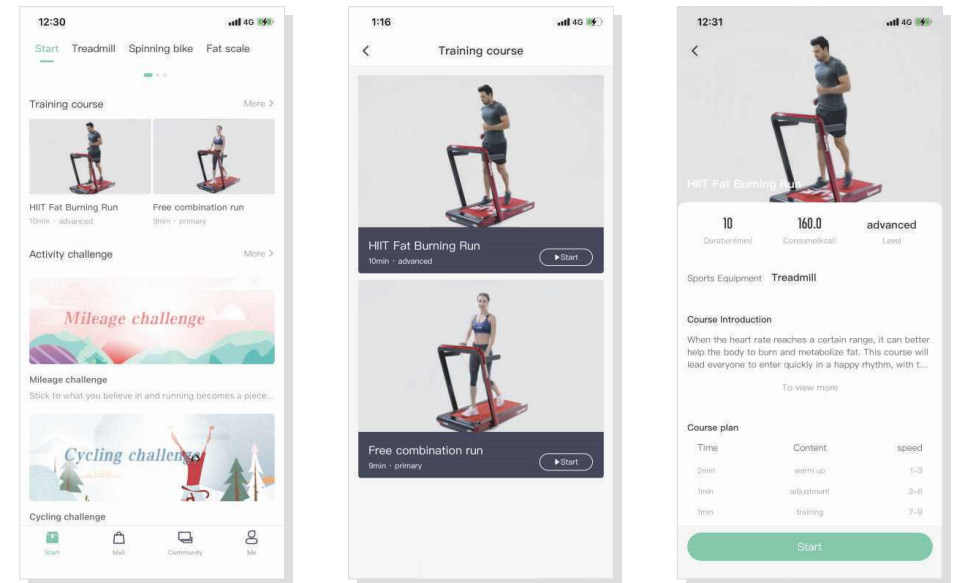
Setting Goals

1. Users can set suitable sports goals.

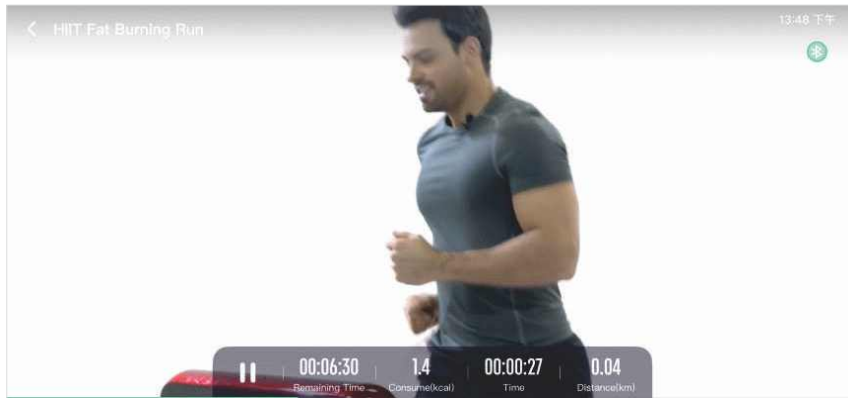


Training Course

1. Users can select courses in the interface of training course.

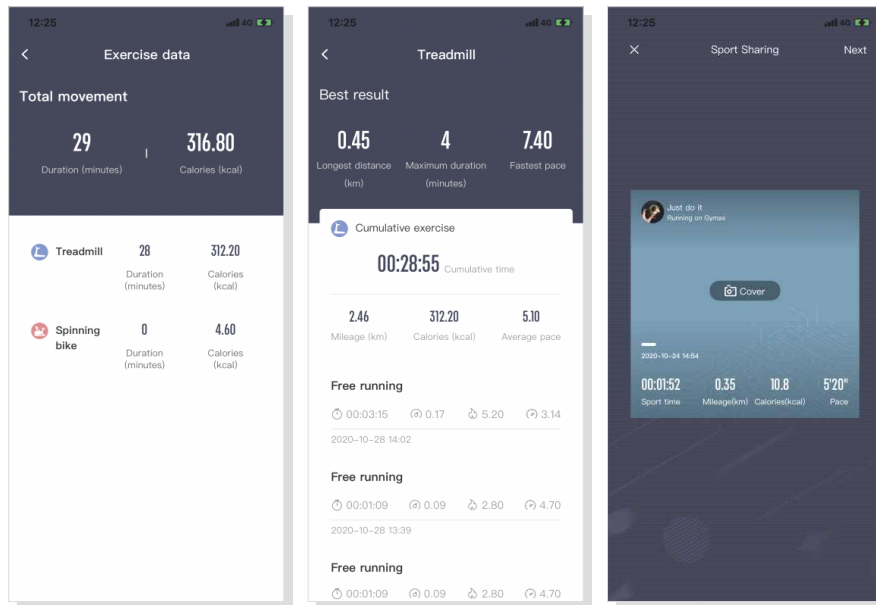


2. And then Start training with a fitness coach.



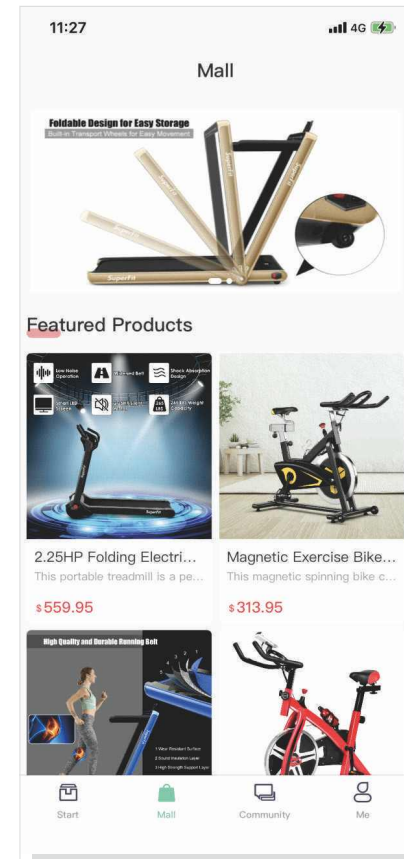
Exercise Record

The user can view the Exercise data record in the device page. (me-exercise data)



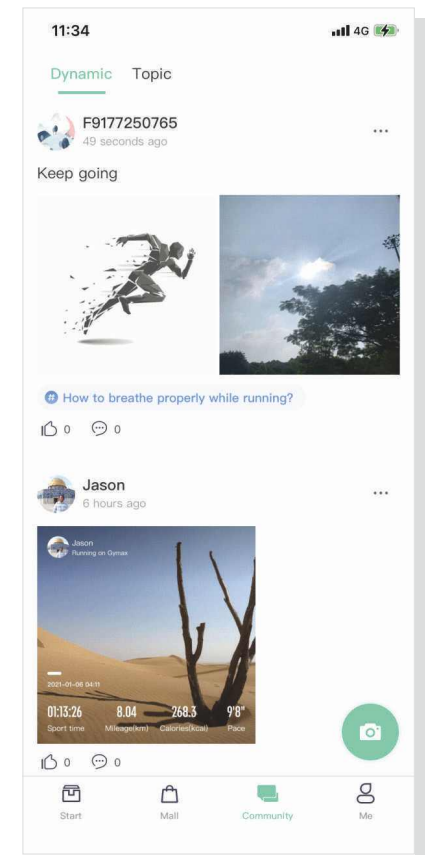
Sports Mall

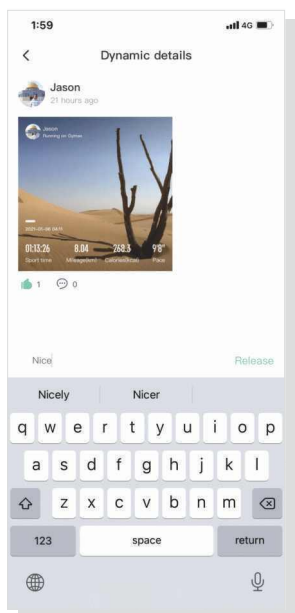
Users can purchase satisfied sports devices.



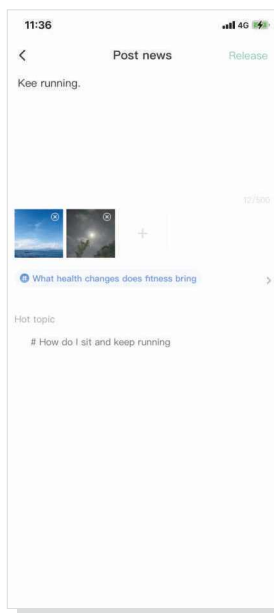
Community dynamic

1. In sports community, users can share dynamic communication with each other.

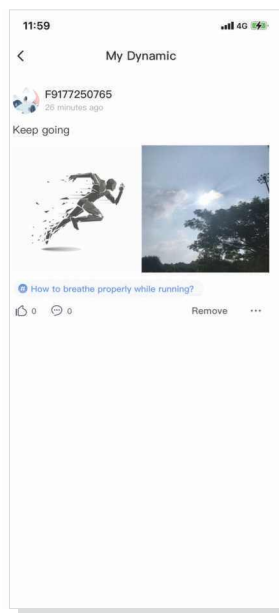




2. Users can comment dynamics in community.



3. Users can post dynamics.

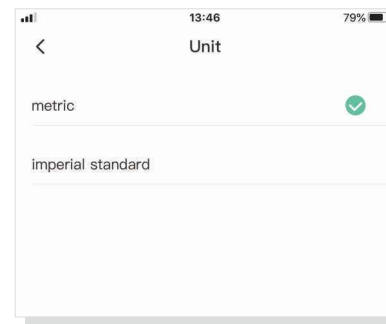
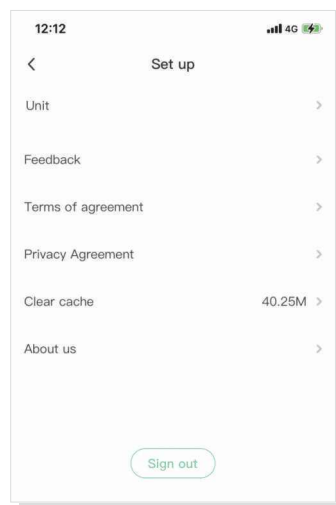


4. Users can remove the released dynamics in Me-My Dynamic.

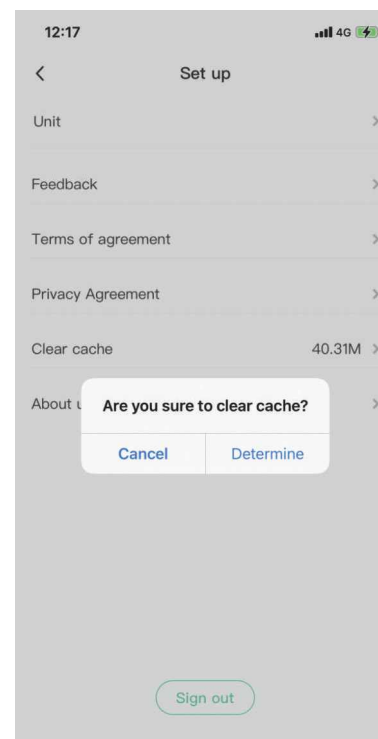
Settings

System Settings

Users can click "Me" to enter the set up, including unit, feedback, terms of agreement, privacy agreement and clear cache, etc.

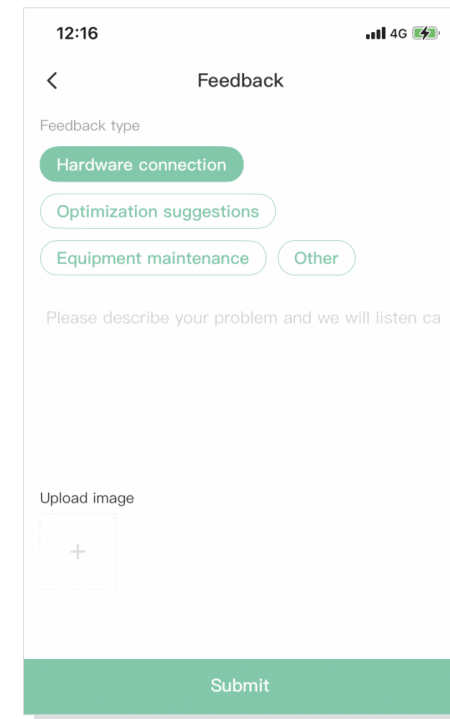


Unit settings (metric or imperial standard)



Clear Cache

Users can clean up the system cache according to users' needs, including Gymax App H5 web page load cache and image load cache.



Feedback

Users can submit suggestions and the problem for improving the product.